

# *What is High Tea?*

*The drinking of tea not only became a social event for the upper classes, it altered the time and manner in which they took tea. Afternoon Tea became the bridge between meals because many wouldn't eat their evening meal until maybe 8pm. As such, Afternoon Tea became a 'mini meal' in itself.*

*Why is it called 'high tea'?*

*A possible explanation why this type of meal was called high tea is the fact that it was eaten at a table. In comparison, Afternoon Tea was taken whilst seating in low, comfortable chairs or sofas. Of course, soon after, the upper classes developed their own variation and also called it 'high tea'. It was a meal that could be eaten when their servants were away or not available, as it was so easy to prepare. The upper class 'high tea' involved the amalgamation of Afternoon Tea and high tea, with the addition of pigeon, veal, salmon and fruit.*

*It is important to add that the Afternoon Tea menu served in the UK today is often referred to as high tea in many other parts of the world. Because of this some hotels, such as The Ritz in London, use the term 'High tea in London' to advertise their Afternoon Tea because a large proportion of their customers are from overseas.*